

What are Members Saying?

Personal Learning Opportunity Feedback

I sincerely feel blessed to work at ABCUSD and have a wonderful union that is providing workshops such as " Finding Balance workshop" which I attended this week and encourage everyone to attend the next scheduled two coming up on September 25th and Oct 3rd. I have been moved to take action to reach my goal of taking 5 minutes break during my workday to walk and get myself re-energized to give more to our students and staff.

We all want to give so much but if we are not well we will sure give less.

~ Wafa Bennani (School nurse)

"The Finding Balance workshop hosted by ABCFT and Kaiser helped give me the time and support to create a measurable plan to initiate a task that will bring about more work-life balance. I appreciated the opportunity to interact and laugh with other teachers and support staff who have a common goal. Thank you for the opportunity and resources.

~ Susie Gomez (Fedde)

This workshop was definitely eye-opening and worth the time. The Finding Balance workshop allowed me to differentiate between what stressors I have control over and which stressors are out of my control. By knowing the difference I can focus on decreasing stress my focusing on the things in life I have control over. I also was reminded that I have the right to take care of myself and not feel guilty about doing so.

Thank you for sponsoring this workshop and I look forward to future ones.

~ Beccie Souza (Ross)

I enjoyed learning how to recognize things we can control and those we do not have control over. I loved the buddy up/relationship-building activities, as well. This workshop was well worth the time. Thanks for providing it!

~ Michelle Joyce (Safe Schools TOSA)

Finding Balance workshop helped a person take the time to reevaluate their stress levels and look at the sources of stress in their life. Furthermore, it gave participants a tool for making positive changes toward a heath, happier, less-stressed you.

~ Mr. Gregory (Fedde)

The Finding Balance workshop was a wonderful reminder of what I need to do to stay healthy and happy even under the stress we encounter every day in our very challenging jobs. It was nice to hear others' stories and share advice on how to add our health and well-being to our do-do lists!

~ Maria Nanez (Palms)

It was an interesting topic I can pay attention to. The presenter was excellent and participants were interacting well.

I had few more chores to finish that day. Sorry that I couldn't stay longer. I got a cool time there. :)

~ Bok-Hee Park (CHS)